

Raja Rogers Meeting Notes
March 6, 2007

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| Raja Rogers | 16 hour courses topic tonight. Has anyone planned on having a course? |
| Jane | Would like to have the Yoga course |
| Raja Rogers | All charts were delivered to the Raj. Elaine has the DVD's. |
| Jane | May would be the earliest. |
| Raja Rogers | The Yoga course is a wonderful, wonderful course. Dr. KV Sharma stayed at the Raj for a year. Maharishi and he developed the course. The sequence of the yoga positions is wonderful – smooth and flowing. |
| Jeff Murphy | Planning the Yoga course soon. We've taught it 4 times before. |
| Elaine | We have 6 set of DVD's – 4 here, 1 at the Raj, one at Lexington. |
| Raja Rogers | I've heard that it is really 25 hour course because it takes 1.5 hours to teach each 1 hour of the course. |
| Jeff Murphy | Some lessons are shorter than others. We usually did 2 lessons at one session. We could keep it to 16 hours pretty much. |
| Raja Rogers | At Lancaster, we just designed an ad for a New Age magazine for these courses. I'll see if we can borrow that for our domain – maybe turn it into a mailer. |
| Jane | That means the courses are for non-meditators? |
| Raja Rogers | Yes. |
| Jane | Do they bring in their own notions and affect the meditators? |
| Jeff | The 30 people we taught were meditators so can't say. We didn't advertise to non-meditators. |
| Raja Rogers | <p>At the Raj, had some experience. You just steer them back on to the path and keep going.</p> <p>Maharishi really appreciated Muktananda. I was on the first 1 yr rounding course. About 9 mos into that, it was summer in Seelisburg. We were in Hotel Weggis. There were only over 20 people on course. One day Maharishi said to invite all the spiritual leaders we could. We sent invitations. Muktananda came.</p> <p>We pulled up in our buses in front of Seelisburg capital. As we got out of buses, the buses with Muktananda and the devotees also arrived. Maharishi walked out of the hotel, greeted Muktananda and went in together – 200 people. Muktananda people started chanting – om namah shivah chant plus entire Guru Gita. At one pt, Muktananda stands up and points to one of Maharishi's top people and they leave the room together. Only supposed to do om namah chant for 3-4 minutes. When bell rang to end it, Maharishi said – keep going. One person said they could see their whole body turning to light.</p> <p>During that lecture, someone in the movement asked if we should chant. Maharishi said we'd do that later. Muktananda lets his consciousness to go into the chant to enliven the chant. Muktananda people asked if they</p> |

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| | <p>should learn meditation. Then Maharishi said it's best to stick with your teaching, your guru. If not, then it's like trying to cross the river with one foot in 2 different boats. Eventually, you fall in. Muktananda said it's like 2 farmers. It's dry season and both need to dig a well. One digs for an hour and then tries another location and then another. The other man keeps digging the well in one place. One has a well and one has lots of holes.</p> <p>Have had many Muktananda people coming thru the Raj. Muktananda and Maharishi really respected and appreciated each other. Like Maharishi was Shiva. Muktananda does Shaktipat – touches people on forehead, feels like what we feel when hopping. Maharishi was the silence. Muktananda was the dynamism – moving things. When Muktananda was passing away, Maharishi sent Triguna, who had worked with Muktananda before, to be with him.</p> |
| Jane | Thank you for restoring balance to all of us week after week with these wonderful meetings. |
| Jeff Murphy | Business Lexington is published twice a month and has a weekly publication for Univ of KY students – W Weekly. Article was written – featured on front cover, “Meditate on This – Health and Enlightenment.” One of the flying saint paintings (Russian saint with the staff in hand) is featured on the cover. 5 different pictures in the article about the Peace Palace. It mentions TM and the 16 hour courses. Very positive, straightforward article. |
| Raja Rogers | Send a copy and we can show it on the Global Family Chat. Great news! |
| Elaine | How does the vaidya recommend Veda herbs, if he is not to prescribe, but rather is supposed to point to MAPI catalog and give people a choice of MA herb or MAPI herbal product? |
| Raja Rogers | <p>The ideal scenario is that the person fills out a paper with his/her area of concern and health information. We tell them that the vaidya is doing the traditional Ayurveda pulse assessment. He will look and see if the doshas are in or out of balance. Then the vaidya writes down herbs. He should point to the MAPI catalog and say that the person can take, for example, Men's Rasayana or MA 631. The person can choose.</p> <p>Mohan Doss is aware of this. I will talk with him to review. If a doctor is with him, it is better. Better that the vaidya not say, “Oh, your liver is hot,” but rather, “Your vata is out of balance.”</p> |
| Alcine | Has anyone taught self-pulse reading course? |
| Jeff Murphy | Yes, you need to work with people because they may not feel anything at the beginning. The teacher should be quite competent in taking his/her own pulse. |
| Carol | Received initial permission from everyone, incl superintendent, but when gave statement of intent to sign, principal decided to put all 2000 kids into the project, not just one grade as originally intended. So they said they need to look at all again if project is going to be that big. There is |

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| | another project on the line too so hopefully they will both happen at the same time. |
| Raja Rogers | Raja Kingsley has a school project going. He recommends that Directors talk with Lynn Kaplan, if they have questions. |
| Jane | Chris Busch at David Lynch Foundation said to not start a program too late in the school year – we are just about at the cut-off point. Because it is not enough time for the students to get strong in meditation before they go home for the summer. However, teachers and parents can learn. |
| Raja Rogers | Talk to Lynn and I will call Chris Busch. When do they get out of school in FL? |
| Jane | Dr. Dillbeck said that International said that we should not hurry. |
| Raja Rogers | <p>Yes, we should be patient, but if we can do the project, that would be good.</p> <p>Charlie will be arriving at the Raj for a few days and then continue his journey to Oregon. We should all have a good wish and a good thought for our friend, Charlie.</p> <p>Jai Guru Dev</p> |